



THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION

THURSDAY, JULY 1, 2021

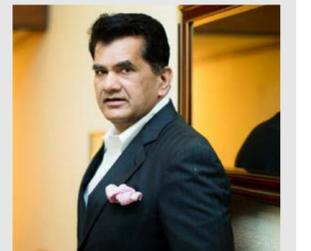


NEWS IN BRIEFS



Serena retires from Wimbledon opener

Serena Williams, the 23-time Grand Slam singles champion from the US, was forced to retire from Wimbledon due to an injury in her first-round match against Belarusian Aliaksandra Sasnovich in London. While she never fell to the ground, Serena requested for a physio after losing serve in the fifth game, and received off-court medical timeout before returning to the court.



Amitabh Kant to stay CEO Niti Aayog till 2022

Niti Aayog CEO Amitabh Kant has been given one-year extension till June 2022, said an order by the Department of Personnel and Training issued Tuesday. The 1980-batch IAS officer was a key driver of the 'Make in India', 'Start-up India', 'Incredible India' and 'God's Own Country' initiatives. In 2019, the Appointments Committee of the Cabinet had approved the extension of his tenure for two years up to June 30, 2021. This would be the second extension.

CLICK HERE: PAGE 1 AND 2

NOT JABBED? NO ENTRY, SAYS ABU DHABI



Abu Dhabi, the oil-rich capital of the United Arab Emirates, has announced that a wide range of public places will soon be accessible only to those vaccinated against the coronavirus in a bid to encourage more people to get shots.

The Emirati government said that starting August 20, authorities will begin restricting access to shopping malls, restaurants, cafes, sporting activities, museums, gyms, schools and universities. **THE UNVACCINATED WILL EFFECTIVELY BE BARRED FROM ENTERING ANY BUSINESS IN THE CITY EXCEPT FOR SUPERMARKETS AND PHARMACIES.**

Abu Dhabi has already rolled out a "green pass" system that limits public access to those who have either received the shot or can show a negative virus test. It comes as the country increasingly bets its economic reopening on its speedy vaccination campaign. The government says that Abu Dhabi's population has received at least one dose of the vaccine.

Should India also follow such a norm at public places to avoid third wave?

SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM

A SUPER-HEROES' NETWORK



While Pope Francis is usually the star at Vatican gatherings, Spider-Man, or at least an Italian who dresses up like the character, was the attention-grabber among the public lined up in rows during the pontiff's weekly Wednesday audience. The super-hero dressed man gifted Pope a Spider-Man mask

WHAT'S NEW: ONE UI WATCH, A SMART INTERFACE

Samsung unveiled its new smartwatch interface at the Mobile World conference, for the operating system it co-developed with Alphabet Inc's Google. The One UI Watch interface will come with the new Galaxy Watch for a more seamless experience between the smartwatch and Android smartphones, the firm said.



HOW TOKYO OLYMPICS IS DIFFERENT?

SUSTAINABILITY

From the get-go, the Tokyo organising committee has emphasised environmental responsibility. From the medal stands to the medals themselves, organisers never stopped looking for ways to do things just a little bit greener.

HISTORY

Japan's history is etched. Visitors can take a walk through history by visiting places such as the Imperial Palace, in temples such as Senso-ji and the Tokyo National Museum, which contains artefacts that date back to 10,000 B.C.

NEW SPORTS

The Tokyo Games will play host to four new and exciting sports in 2020 (karate, skateboarding, climbing and surfing); some that are returning to the programme (baseball and softball) and even more new events within existing sports (3x3 basketball and BMX freestyle). There also will be new mixed-gender events in seven different sports.

TECHNOLOGY

It's no surprise tech-crazy Japan will have something

special in store for the Games. One of the most visible technologies to visitors will be helpful hospitality robots on hand to assist travellers. The robots can answer questions in several languages and perform such tasks as directing patrons to their seats.

JUDO IS BACK HOME

Judo will come full circle at the 2020 Games, returning both to its homeland and the site of its Olympic debut in 1964. Japan is the all-time Olympic medal leader in judo, with as many gold medals as the next four nations combined. **THE 1964 SUMMER OLYMPICS WAS THE FIRST TIME GAMES WERE HELD IN ASIA.**



July 1 National Doctor's Day

How to write a 'thank you letter' to your DOCTOR



Most of us had some reason to grieve in the last two years owing to loss of a direct family member or perhaps, a distant one. At these tough times, the 'messiah' who walked in, dressed in white, with a stethoscope in hand, may have been your only sign of hope. If you wish to express your gratitude to the doctor who helped your family heal or helped the deceased suffer the least, let's find a way to express gratitude to them through a simple letter. These are things to remember:

not be a pleasant experience to recall but in order to pen a heart-felt letter, details play a touching and significant role. Recall that one warm gesture of the doctor or hospital attendant, one moment of assurance, how the doctor sensitised you to the illness, etc. Now, start penning down your thoughts.

GREETINGS: It is polite to address them by their last name unless they have given you permission to use their first name. Also, if it is a team of doctors that you wish to express your gratitude to, then address all with the department name.

TIMING IS IMPORTANT: Before we begin, think about the timing of your thank you note to your doctor. It's best to say thank you as soon as you receive quality care, but sometimes life gets in the way. When we're dealing with health issues and emergencies, it's understandable to forget about saying "thank you" to those helping along the way. But please remember, the sooner, the better.

DETAILS ARE SIGNIFICANT: It is best to first collect your thoughts. While for many, it may

KEEP IT TO THE POINT: Be specific - like 'Thank you for ensuring the surgery was a success; for helping diagnose the illness...it's such a relief to have my pain taken seriously'; 'Thank you for your calm demeanour and thoughtful words, and giving reason to feel better and heal faster' and so on.

DO GIVE AN UPDATE: The best gift a doctor can have is to see his patient heal faster. Hence, do add your health update and make his/her day feel positive and special.

Delhi students win DIANA AWARD

Two students from Lady Shri Ram (LSR) College and Jamia Millia Islamia have received the coveted Diana Award for 2021 for advancing the UN Sustainable Development Goals.

Twenty-one-year-old Devanshi Ranjan, a final-year student, has been awarded for her work to help underprivileged children, especially girl students, with their studies amid the Covid-19 pandemic.

Kaif Ali, a fourth-year student of Bachelor of Architecture (B.Arch), has been given the award for designing a sustainable shelter that helps reduce transmission of the coronavirus, according to a statement by Jamia.

ALI DESIGNS PRE-FABRICATED SUSTAINABLE SHELTER

According to the Jamia statement, "Ali designed a prefabricated sustainable shelter that would not only help reduce transmission

of the virus but could also house refugees worldwide in the future."

His design is now being implemented in Lagos, Nigeria, and appreciated by the Government of India, the Commonwealth of Nations, and the United Nations under the top 11 emerging innovation start-ups solving climate action, it added.

RANJAN WORKS WITH NGO LADLI FOUNDATION

Ranjan, who has been working with NGO Ladli Foundation Trust, said, "My work centered around the Covid-19 pandemic relief work. A number of surveys and reports showed an increase in the number of dropouts in schools, especially the female students, as availing education online was not affordable for all. I worked with NGO Ladli Trust and under its programme 'Pathanshala', conducted workshops and educated students from slums and villages," she added.



DIANA AWARD

Established in memory of Diana, Princess of Wales, the award is considered the 'highest accolade' a young person can achieve for social action or humanitarian efforts. It is given out by the charity of the same name and has the support of both her sons - the Duke of Cambridge and the Duke of Sussex. The Diana Award, given to people under the age category 9-25 years, was conferred on 400 people globally.



Positive Parenting

EQUIP YOUR TEEN FOR COLLEGE DURING THE PANDEMIC

There are many students who have completed their schooling and are set to enter virtual college life. This transition period from school to college is fraught with challenges that have multiplied due to Covid-19's effect on education across the world. Parents, help your children during this massive change. Some things you can do to make their life easier are as follows:

Create a routine

Offline college life gives one's life a routine that one follows. So, you can create the same effect by maintaining a proper routine with your child and motivating them to live life as if they are in college. Don't be intrusive in their life and give them the freedom they would've gotten in an offline education system.



Create a plan

Encourage your child to create a plan for their curriculum and give structure to online classes. We know it is tough to concentrate on an online platform, but giving it structure will help you in understanding the course and your child's learning style a bit better. Plan and execute.



Do not pressurise them

They are already going through a big change in their life and the pandemic is adding to it. So, if you want to help your child, you should remember not to pressurise him/her into doing things. Do not create pressure around the college and the courses they are choosing, give them the chance to figure things out on their own.



ready a lot going on in their life, and lack of friends can take a toll on their mental health. Do not badger them into telling you their feelings and let them know that they can come to you in time of need.

Bring a change in your relationship with your child

You need to accept that your child has grown up and is capable of doing things on his own. There needs to be a change in your relationship with your child. You have to eventually let them make

decisions on their own. This change will give them a sense of individuality as they will learn how to navigate through life with your support.

Be their friend

Right now, they need someone to talk to, be their friend and talk to them. A college is a place where you find friends for life, and due to online learning, they are unable to find companions they can relate to. There is al-

Take a break

Let them know it is okay if they feel overwhelmed with what is happening around them. It is natural to feel this way, they cannot be expected to be productive all the time and they can take a break if it is getting too much to handle. TNN

Sustainable Living

How to repurpose Skincare products

We all have skincare products that we bought on an impulse but didn't use them for reasons ranging from something not suiting our skin to not going out in pandemic time. Here are some doable tips you can follow to recycle and reuse your beauty buys in useful ways

FACE MOISTURISERS

This is an easy one, if you have face creams that did not work on your face it is perfectly okay for you to use them on your body. Your body also deserves the love you give your face. You can also use them as hand and feet moisturisers.



OIL CLEANSERS

A good way to utilise the oil cleansers that broke you out is to use them as a makeup brush cleanser as it breaks the makeup particles and gives the brushes a good cleanse. You can also use oil cleansers to remove deodorant marks from your clothes.



FACIAL OILS

There are some oils that can be used on our scalp like coconut oil, almond oils, etc. You can use the facial oils that did not suit you on your scalp, or you can use them on your legs, hands and nail cuticles. Oils help in nourishing the body and hair.

SHEET MASKS

You can use sheet masks on your feet to rejuvenate and brighten this zone. Sheet masks that trouble your face can be used on the feet as feet skin is thick and would not react in the same way your face does. Place your sheet mask on your feet and wear socks over it. Keep it overnight and you will wake up to smooth skin.



Stay fit

7 health benefits of walking

Increases cardiovascular and pulmonary fitness

1 Walking helps in strengthening your heart and reduces the risk of coronary heart disease. Walking for at least 30 minutes five days a week is enough to gain this benefit. You just need to be consistent.

It burns calories

2 Who says you can burn calories only through heavy workouts? You can lose and maintain weight just by walking. How many calories you will burn depends on your walking speed, your weight, distance covered and terrain.

Boosts energy

3 How? Well, walking increases oxygen flow and energy, elevating the level of hormones like nor-epinephrine.

Walking is one of the most underrated forms of physical activity. But it actually is an excellent form of exercise with numerous proven health benefits. From strengthening your muscles, joints and bones to boosting your metabolism, walking contributes to all. Just walk for 30 minutes every day. All you need to do is wear a comfortable pair of shoes and hit the park/pavement

Strengthens muscles and joints

4 Walking helps in toning your legs by strengthening the muscles of the lower body. It also eases joint pain by lubricating and strengthening the muscles that support the joints, including hips and knees. Walking on an area with high terrain, instead of a flat surface, helps more in strengthening the muscles of the lower body.

Helps lower blood sugar

5 It's always advised to never directly lie down after having a meal and to have a walk instead. This is because walking after eating helps lower your blood sugar and improves digestion. A post-

meal walk also works as a great exercise that keeps you fit, so try incorporating it into your daily routine.

Relieves anxiety

6 Research shows that a 10-minute walk may be just as good as a 45-minute workout when it comes to relieving anxiety. Being close to nature helps to calm your mind and reduces anxiety and stress.

Eases eye pain

7 Staring at your screen all day without giving your eye a bit of relaxation often leads to eye pain. Digital eye strain also leads to issues like headache, blurred vision and sore eyes. Walking and looking around at the sky and greenery relaxes eyes and mind. TNN

A 10-minute walk may be just as good as a 45-minute workout when it comes to relieving anxiety



Strawberry & Cinnamon Rolls

LOOKING FOR A SACCHARINE ROLL TREAT? YOUR SEARCH ENDS HERE. TRY THIS EASY SWEET AND SPICY RECIPE

INGREDIENTS

For Filling
2 1/4 cup diced fresh strawberries
3/4 tablespoon cornstarch
1 teaspoon cinnamon

For Dough
2 tablespoon nutritional yeast
1/2 cup melted unsalted butter
1/4 tablespoon salt
3/4 cup boiled low fat milk
1/2 cup brown sugar
2 cup whole wheat flour



Recipe

HOW TO MAKE

Step 1: Preheat the oven to 350 degrees C. Then, take a large bowl, add milk, sugar, butter, salt and yeast. Stir all the ingredients and wait for 10 mins for the mixture to become frothy. Add flour and mix well.

Step 2: Knead the dough prepared in step 1 for about 4-5 minutes and let it rest for a while - for about 5-8 minutes.

Step 3: Take a bowl and toss strawberries, cornstarch and cinnamon. Your filling is ready.

Step 4: On a clean surface, dust some flour and roll the dough, and add the strawberry filling on the top. Now, roll up the dough so that it forms the shape of the log and seal the ends of the roll.

Step 5: Cut the roll in 12 pieces and place on a baking pan. Bake these rolls for about 20 minutes. Once done, let it rest for 5 minutes. Your strawberry cinnamon rolls are now ready to be devoured. Enjoy the sweetness. TNN

QUIZ TIME (CURRENT AFFAIRS)

Q.1) Cabinet approves MoU between India and this country for undertaking non-intrusive Geological Surveys and Investigations.

- A. Sweden B. Russia
- C. Norway D. Finland

Q.2) The 7th Guinness Book of World Records was created by...

- A. Department of Empowerment of Persons with Disabilities
- B. Technical Education and Skills Development Authority
- C. Department of Science and Technology
- D. Commission on Higher Education

Q.3) Which country has released 12 bank notes to

mark the 150th birth anniversary of Mahatma Gandhi?

- A. UAE B. Bahrain
- C. Jordan D. Israel

ANSWERS

- 1. C) Norway 2. A) Department of Empowerment of Persons with Disabilities 3. A) UAE

CHECK YOUR APTITUDE



1 Three brothers live in a farm. They agreed to buy new seeds: X and Y would go and Z stayed to protect fields. Y bought 75 sacks of wheat in the market whereas X

bought 45 sacks. At home, they split the sacks equally. Z had paid 1400 dollars for the wheat. How many dollars did Y and X get of the sum, considering

equal split of the sacks?

- A. Y \$1225, X \$175
- B. Y \$1220, X \$180
- C. Y \$1170, X \$230
- D. Y \$985, X \$415

ANSWER:
1. Y \$1225, X \$175

KNOWLEDGE BANK

The aorta

The aorta is the largest artery in the body. The aorta begins at the top of the left ventricle, the heart's muscular pumping chamber.



The heart pumps blood from the left ventricle into the aorta through the aortic valve. This artery distributes oxygenated blood to all parts of the body through the systemic circulation. The aorta consists of a heterogeneous mixture of smooth muscle, nerves, intima cells, endothelial cells, fibroblast-like cells, and a complex extracellular matrix.

Times NIE Principals' Webinar promises to be a unique treat

Times NIE has always brought the very best for the education fraternity. This time in association with Tekie, we present a unique webinar for school principals

Times NIE has associated with Tekie for a Principals' Webinar to be held on July 2 at 4.00 pm. Guest of honour for the event is Dr. Swati Popat Vats, President, Early Childhood Association India, Association for Primary Education & Research.

The other keynote speakers are Pranay P. Oswal, founder and managing director, I Qube and Anand Verma, co-founder, Tekie.

So, this time the Principals' Webinar promises to give you the glimpse of how education will look like in the post pandemic world.

EVENT: PRINCIPALS' WEBINAR

TOPIC: Post Pandemic Education: Emerging Trends & Innovations

DATE: Friday, 2nd July 2021

Time: 4.00 to 5.15 pm

CITY: MUMBAI

ENTRY BY INVITATION

School Organises Vaccination Drive



SAMARTH KANTHER



NES International School, Mumbai organised a vaccination drive on Friday, 25th June. This drive was initiated by Dr. R Varadarajan, the founder-principal of NES International School. "We want to serve the senior citizens, parents and staff members and that is why NES became a vaccination centre", Dr R Varadarajan said.

Advocate Ranjana Sanjay Wankhede who deeply supports the cause of education and the health of the

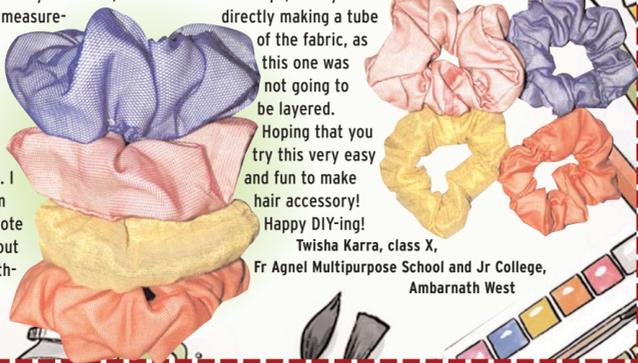
people, helped NES International to collaborate with Apollo Hospital for the vaccination drive. Advocate Ranjana Wankhede mentioned that she was delighted to be present and was really happy with the arrangement and staff management for their organisation and the flow of this whole drive. A parent of a student of NES had the same opinion, "The event is very well done and it is organised very well too". By organising this drive, NES International School has shown compassion through their contribution in these difficult times and the cause of education is also supported.

DO IT YOURSELF

During quarantine, I tried all sorts of new things that I could with the resources I had; I even tried sewing! I made some scrunchies/hair-ties! It was super easy and fun. So, I made 2 types, a solid colored one and 3 others with tulle layering. Here's how I made these scrunchies: For the layered ones, I sewed 45cm x 10 cm (my preferred measurements) pieces of each white fabric and colored tulle together along the edges. Then I folded the resultant ribbon, length-wise and sewed it in place, making a tube-like structure. I then inserted a 12cm long ribbon of elastic (note that I measured it without stretching) Then I gathered together the tube of fabric in

the middle and pulled out both edges of the elastic sealed them, making a circle. Next, all I had to do was to seal the edges of the fabric tube too. And there! We have a cute, pretty little scrunchie! For the gold one, I followed the exact steps, but by directly making a tube of the fabric, as this one was not going to be layered. Hoping that you try this very easy and fun to make hair accessory! Happy DIY-ing!

Twisha Karra, class X,
Fr Agnel Multipurpose School and Jr College,
Ambarnath West



YOGA DAY CELEBRATIONS

Universal High School, Malad

"It is health that is the real wealth and not pieces of Gold and Silver" ~ Mahatma Gandhi.

International Yoga Day was celebrated virtually at Universal High School on 21st June 2021. Yoga sessions were conducted under the able guidance of resource person Ritu Paithankar, who taught simple, yet effective exercises and asanas. Also, some talent-

ed yogis showcased a few artistic and rhythmic yoga moves. It was an energetic and dynamic session for enthusiastic students.



Jasudben ML School, Khar

"Yoga teaches us to cure what need not be endured and endure what cannot be cured."

The Physical Education (PE) department of Jasudben ML School Khar, led by Ravi Bagdi, accentuated the importance of International Day of Yoga falling on June 21 by organising a week-long commemoration. Students across all grades took part in this event in their respective PE classes between June 21 and June 25.

The PE teachers discussed the benefits of doing yoga which include achieving a state of relaxation, building a strong overall health system, and when combined with breathing and meditation, it acts as the best element to take care of one's mind, body, and soul.

There was special emphasis on making yoga a regular activity during the pandemic as it helps us to be calm and composed, think in a positive manner, and remain physically active while we are mostly cooped up inside our homes.

The teachers then conducted warm-up exercises with visual cues followed by asanas appropriate for the age group. The asanas included sitting and standing poses like Padmasana, Parvatasana, Vajrasana, Ushtrasana, Tadasana, Vrikshasana, Trikonasana, etc. The benefits of each asana were discussed during the activity.

The celebration ended with *Pranayama, Om chanting, Kapal Bhati* and not to forget, every student and adult's favourite, the *Shaavasana!*

The students felt peaceful by the end of it, proving the necessity of yoga in their lives.

D.A.V. Public School, Nerul

D.A.V. Public School, Nerul celebrated International Yoga Day on 21st June 2021. The theme for International Yoga Day 2021 is 'Yoga for Wellness' with the focus on practising yoga for physical and mental well-being. The theme is particularly relevant in the current time in a society still recovering from the impact of the Covid-19 pandemic.

Like every year, this year too D.A.V. Public School, Nerul celebrated the occasion with energy and enthusiasm. Preparations for the celebration of International Yoga Day began a few days prior, ultimately culminating in section wise virtual assemblies where all the students of the relevant sections came together to observe the spiritual history and significance of the day.

The students of classes VI to XII started their assembly with an invocation to the Almighty. Then the students were shown a video on the importance of International Yoga Day. They were informed that the event is celebrated annually on 21st June with the aim of connecting man with Nature and the divine consciousness that rules over the universe.

Students delivered speeches about the relevance of yoga in our lives emphasising that yoga has always been an important part of India's culture and civilisation. They also acquainted everybody with the fact that yoga is not just beneficial for the body but also rejuvenates the mind with confidence. Later a virtual yoga session was conducted by senior students who have excelled in the form. The students practised pranayama, surya namaskar, meditation and various asanas like par-

batasana, vajrasana, balasana etc. while being guided by their peer experts.

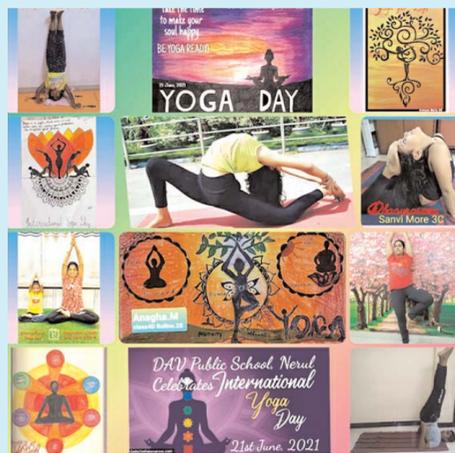
The tiny tots of Nursery and Senior K.G. were not left behind either. Their class teachers conveyed the importance of yoga to them with the help of appropriate pictures on the benefits of yoga. They also participated in an online yoga session along with their parents which was conducted by their class teachers.

The celebration of International Yoga Day helped the students to realise that regular practice of yoga can promote the holistic well-being of every individual.

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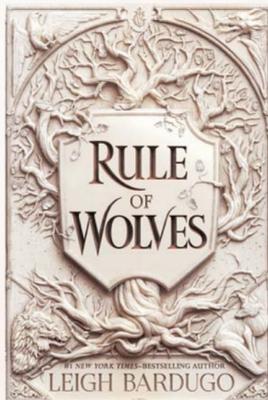
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BOOK: RULE OF WOLVES BY LEIGH BARDUGO

We are all monsters now.' That's what the first line of synopsis for Leigh Bardugo's Book 2 of the Nikolai duology reads. It is the last book (for now) of the Grishaverse that Leigh has created. The story follows the three protagonists Nikolai, Zoya and Nina as they navigate their roles as a king, a general and a spy. We also see them fighting for their home country of Ravka as the enemies close in for the kill. We also get to explore chapters from other characters' POV.

The book itself is unforgettable and shows how far Leigh has come as a master story-teller. The plot-twists in the book set the bar high for oth-



ers and keep you at the edge of your seat. The fantasy part of the book just gets better and expands the world even more. The emotions are undeniably high strung with equal parts humour and banter, love, anger and angst. It is a book that certainly seems to tie up the loose ends and yet, leaves room for more to be explored. This book is sure to leave an indelible mark on you!

Aarya Bhanushali, Class X,
S.V.D.D. English Medium
Secondary High School



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It's an amazing opportunity for your child to be a creative genius.

Stand a chance to win exciting cash prizes:

- 1st Prize - INR 2000
- 2nd Prize - INR 1000
- 3rd Prize - INR 500

Participation certificate for all students.

Register Now!

For age group 4 - 13



UKRAINE REACH MAIDEN QUARTERFINALS

Ukraine had reached the round of 16 at the European Championship with two losses and the worst record of the advancing teams

Ukraine eliminated previously unbeaten Sweden 2-1 on Tuesday with a goal in stoppage time at the end of extra time from a player who was left on the bench for the entire group stage. Substitute Artem Dovbyk stooped low to guide a header from Oleksandr Zinchenko's cross past goalkeeper Robin Olsen. It was the 24-year-old forward's first goal for the national team. Ukraine's greatest ever forward, current coach Andriy Shevchenko, ran down the sideline to celebrate his players, who will now head to Rome to face England on Saturday. Zinchenko also scored a goal on a day when Manchester City teammate Raheem Sterling got one in England's 2-0 win over Germany. Zinchenko gave Ukraine the lead in the 27th minute when he rifled in a low shot set up by a crafty pass from captain Andriy Yarmolenko.

Odds in favour of Ukraine

Emil Forsberg's deflected shot from outside the area in the 43rd minute equalized for Sweden. It was his fourth goal at Euro 2020, but a tournament lead-tying fifth eluded him in the second half despite curling shots off the post and the crossbar. Andersson cited the momen-

tum shift in extra time when Sweden defender Marcus Danielson was sent off in the 98th minute for following through on a challenge with a raised boot on substitute Artem Besedin. The Ukrainians had needed a favour from Sweden just to advance after losing two group games and having a negative goal difference. After losing to Austria last week, Ukraine would have been out if Poland had beaten Sweden two days later. Sweden won that game 3-2 with Forsberg scoring twice.

Ukraine to meet England next

Neither team had ever won a knockout game at a European Championship in a combined eight previous tournaments. Both often-cautious teams played more freely in a wide-open 90 minutes, trying to seize a chance for a deep run in the arguably weaker half of the draw. To set up Zinchenko's goal, Yarmolenko used the outside of his favoured left foot to drift a curling pass across seven defenders toward their blind side in the penalty area. After scoring with a first-time shot, Zinchenko ran away with a finger to his lips in a gesture he said was telling critics to be quiet. "In the first three games we received a lot of criticism, which I think we deserved. I showed that they need to support us", Dovbyk said.

ENGLAND END GERMANY CURSE

Raheem Sterling and Harry Kane fired England into the Euro 2020 quarter-finals as they sealed a 2-0 win against Germany that ended decades of hurt at the hands of their bitter rivals on Tuesday. Sterling struck with 15 minutes left in a tense last 16 tie at Wembley before Kane clinched England's first knockout stage victory over Germany since 1966. In the 55 years since England beat the Germans in the World Cup final, the Three Lions had endured a painful litany of defeats against Die Mannschaft when the stakes were highest. England were eliminated from the 1970, 1990 and 2010 World Cups by Germany, who also beat them in the Euro 96 semi-finals at Wembley. But Gareth Southgate's side have finally exorcised the ghosts of Paul Gascoigne's tears and their own manager's penalty miss 25 years ago. England produced a gritty display capped by clinical finishes from Sterling, who now has three goals in the tournament, and Kane -- who finally bagged his first of the competition. England, yet to concede a goal in the tournament, head to Rome on Saturday for a quarter-final against Ukraine.



Ukraine's Artem Dovbyk celebrates scoring their second goal



Ukraine's Oleksandr Zinchenko celebrates after scoring his team's first goal

It's a very bitter defeat. In the second half we had four really great chances. It felt like we would score eventually.

JANNE ANDERSSON,
Sweden coach

SERENA WILLIAMS IN TEARS AS SHE RETIRES HURT

Tennis great Serena Williams limped out of Wimbledon in tears on Tuesday after her latest bid for a record-equalling 24th Grand Slam singles crown ended in injury

The American sixth seed and seven-times Wimbledon winner was clearly in pain on a slippery Centre Court and sought treatment while 3-2 up in her first round match against unseeded Belarusian Aliaksandra Sasnovich. Williams returned after a lengthy break but the distress was evident. She grimaced and wiped away tears before preparing to serve at 3-3 after Sasnovich had pulled back from 3-1 down. The 39-year-old, who had started the match with strapping on her right thigh,

then let out a shriek and sank kneeling to the grass sobbing, before being helped off the court.

Great champion

Sasnovich, who practised her serve while Williams was getting treatment, commiserated with an opponent who had never gone out in the first round at Wimbledon in her previous 19 visits. "I'm so sad for Serena, she's a great champion," said the world number 100. "It happens sometimes." Eight-times men's singles champion Roger Fed-

I was heartbroken to have to withdraw today after injuring my right leg. My love and gratitude are with the fans and the team who make being on centre court so meaningful. Feeling the extraordinary warmth and support of the crowd today when I walked on - and off - the court meant the world to me.

SERENA WILLIAMS

erer expressed shock at Williams' departure and voiced concern about the surface, with the roof closed on Centre Court on a rainy afternoon. His first-round opponent Adrian Mannarino of France also retired with a knee injury after a slip in the match immediately before Williams'.

"I feel for a lot of players, it's super key to get through those first two rounds because the grass is more slippery, it is more soft. As the tournament progresses, usually it gets harder and easier to move on", he said.

T20 WORLD CUP TO BE HELD FROM OCTOBER 17

This year's T20 World Cup, which has been moved to the UAE and Oman from India due to the COVID-19 pandemic, will be played from October 17 to November 14, the International Cricket Council (ICC) announced on Tuesday.

The ICC statement came a day after BCCI intimated the governing body that the event can be moved

out of India. The first round of the tournament, comprising the eight qualifying teams, will now be split between Oman and UAE. Four of these teams will then progress to the Super 12s round where they'll join the eight automatic qualifiers. The upcoming edition will be the first men's T20 World Cup played since 2016, when West Indies beat England in the final in India.



QUIZ TIME!

Q1: Who has created a world record by scaling Mount Everest twice in the shortest span of time within a season?

- a) Barry Bishop b) Wang Fouzou
c) Mingma Tenji Sherpa d) Lingma Sherpa

Q2: Which team has won the inaugural ICC World Test Championship, held on June 2021?

- a) India b) Australia
c) England d) New Zealand

Q3: Who has become the first Chinese man to qualify for

Wimbledon in the Open era?

- a) Wu Di b) Zhang Ze
c) Li Zhe d) Zhang Zhizhen

Q4: Holkar Trophy is associated with which sport?

- a) Bridge b) Hockey
c) Football d) Badminton

Q5: Which female cricket player has won the ICC Women's Player of the Month for April 2021?

- a) Ashleigh Gardner b) Ellyse Perry
c) Alyssa Healy d) Meg Lanning

Q6: Who clinched the gold medal in the 45kg category at the Asian Weightlifting Championship in

Tashkent, Uzbekistan?

- a) Jhilli Dalabehera b) Vikas Singh
c) Sukhna Dey d) Ganesh Mali

Q7: Mark Selby has become the world champion for the fourth time. He is associated with which sports event?



Photo: GETTY IMAGES

- a) Snooker b) Tennis
c) Badminton d) Chess

Q8: Who has won the Portuguese Grand Prix?

- a) Sergio Perez b) Lewis Hamilton
c) Max Verstappen d) Valtteri Bottas

Q9: Who holds the highest record in swimming?

- a) Paul Biedermann b) Michael Phelps
c) Ryan Lochte d) Aaron Peirsol

Q10: Milkha Singh won the gold medal in the Commonwealth Games in the year.

- a) 1952 b) 1968 c) 1958 d) 1960

Q11: Who was first Indian badminton player to win a medal at World Badminton Championship?

- a) Pullela Gopichand b) Prakash Padukone
c) Jwala Gutta d) Ashwini Ponnappa

Q12: From which year did the Ashes Series begin?

- a) 1882 b) 1896 c) 1900 d) 1904

ANSWERS: 1. c. Mingma Tenji Sherpa
2. d. New Zealand 3. d. Zhang Zhizhen
4. a. Bridge 5. c. Alyssa Healy
6. a. Jhilli Dalabehera 7. a. Snooker
8. b. Lewis Hamilton 9. b. Michael Phelps
10. c. 1958 11. b. Prakash Padukone
12. a. 1882